

# Mountaineer

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Feb. 3, 2006

## Army recruiting for physician assistants

by Ann Erickson

Army News Service

ARLINGTON, Va. □ The Army is short about 100 physician assistants and is stepping up attempts to recruit both civilians and Soldiers to do the job.

This is the first time that the Army Medical Department, or AMEDD, has recruited certified civilian physician assistants to join the Army, said Capt. James Jones, Interservice Physician Assistant Program manager.

He said the Army's modularity and high operations tempo contributed to this change. "We have a recruiting mission to obtain 20 civilian physician assistants this year, but this is likely to rise to 60," he said.

The Army offers qualified officers, warrant officers and enlisted Soldiers an educational opportunity to become a physician assistant through the IPAP located at the AMEDD Center and School, Fort Sam Houston, Texas. The Army trains alongside candidates from the Air Force, Navy, Coast Guard, Army Reserve, National Guard, and U.S. Public Health Service, said IPAP officials.

"The Army plans on filling the shortages by increasing the number of students in the IPAP. This year we are training 92 Army students versus 60," Jones said.

Upon completion of the program, graduates earn a master's degree from the University of Nebraska and receive a commission in the Army Medical Specialist Corps as a second lieutenant. Officer students receive constructive credit for their commissioned

service in accordance with Department of Defense Instruction 6000.13.

Graduates must pass the Physician Assistant National Certifying Exam before they can provide healthcare to Soldiers, AMEDD officials said.

There is also a new program called the Requirements Completion Course that is designed to help Soldiers complete the program's prerequisite courses.

"This is another way that we are working to reduce the shortages while still maintaining the highest quality medical provider possible," said Jones.

Army physician assistants are frontline medical responders, said Jones. "They (provide) the first medical care that Soldiers receive before being transported to a hospital," he said. "They are a critical component of the Army."

Applications for the IPAP must be sent by March 1 to the program manager at:

HQ, USAREC  
RCHS-SVD-PA  
1307 Third Ave.  
Fort Knox, KY 40121-2726

For more information about Army physician assistants or the IPAP and its requirements, visit the Web page at: [www.armypa.info](http://www.armypa.info).

Editor's note: This article was initially released stating civilians could apply for the IPAP but they cannot. Certified civilian physician assistants are being recruited to join the Army.



Photo by Sgt. Matt Millham

## Uncasing

Lt. Col. Evelyn M. Torres, right, commander of the 68th Corps Support Battalion, and Command Sgt. Maj. Jeanne E. Hammond, left, battalion command sergeant major, uncased the battalion colors at a ceremony Tuesday at the Special Events Center. Elements of the battalion returned from yearlong deployments to Iraq late last year. Because of deployments in support of the Global War on Terror, this is the first time since December 2002 that the entire battalion has been together at Fort Carson.

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## MUST SEE



Black History Month celebration.  
See Pages 24-25

## Book aims to help parents of deployed Soldiers cope

by Ann Erickson

Army News Service

ARLINGTON, Va. □ The author of the newest book for Army parents, "Our Soldier, Your Army: A Parent's Guide," is not only the wife of the vice chief of staff of the Army, but she also has two sons deployed to Iraq.

Vicki Cody has experienced the Army for the past 30 years, so she said it seemed quite natural when she wrote her book to help families of Soldiers deal with deployments and Army life from her personal experiences.

It all started when her oldest son deployed to Afghanistan and she suddenly found herself in a new role of not just being an Army spouse, but as the mother of a Soldier.

She started to have some ideas then on how to help others. Her son got

back from Afghanistan and six months later, he was ready to deploy to Iraq. That's when Cody realized there were parents out there who didn't have the background and the experiences that she had.

Within a few months her younger son was getting ready to deploy to Iraq also.

"And that's when it really hit home that I have two kids serving in the Army and they weren't just serving, but they were deploying overseas," Cody said.

There wasn't anything out there for parents before her book, she said.

The book not only informs parents about the Army, but it also includes acronyms and useful Web sites.

For more information or to obtain a free copy of the book call (800) 336-4570, ext. 630 or send an e-mail to [ilwpublications@usa.org](mailto:ilwpublications@usa.org).

# Sharpshooter success spelled 'natural aim'

Commentary by Sgt. 1st Class Hubert Townsend

Small Arms Readiness Group

As a young shooter, I wasn't bright enough to research marksmanship stuff to learn all that I could. Some people have to learn the hard way. But the secret was there all along, right on page 4-14 of the Rifle Marksmanship Field Manual under the heading, "Natural Point of Aim." I can't remember any of my Marine trainers back in 1972 ever mentioning this concept, and it wasn't until years later while attempting to shoot at small targets while standing offhand with a match M14 that I learned this valuable tip.

How the @\$\* does someone hit a 10-inch target, offhand, 200 yards away? I knew I was shooting during my natural respiratory pause, was focusing on the front sight and pulling the trigger smoothly so that each shot came as a mild surprise. Yet I could never shoot a score above 83 or so. How could anyone shoot in the 90s? It was beyond me.

Fortunately for my shooting career and my team's score, an old coach saw me go to the firing line one practice session. He noticed me plant my feet, bring up the rifle to shoot and then he observed me ever so slightly moving the rifle over just a wee bit to get exactly on target. He came up to me and asked, "Do you know what natural point of aim is?" Being smart enough to want to shoot as good as this master did, I told him, "No, please tell me." His words of wisdom, faithfully followed ever after,

immediately raised my average score into the low 90s. The FM states it directly to the point:

"When the Soldier first assumes his firing position, he orients his rifle in the general direction of his target. Then he adjusts his body to bring the rifle and sights exactly in line with the desired aiming point."

The key phrase here is "adjusts his body."

That means if lying down, to move your belly button left or right. If standing, move your feet to align the rifle on target. A Soldier can quickly verify natural point of aim by closing his eyes for a few moments and relaxing. If he had muscled the weapon onto the target, then it will drift back to where it naturally wants to shoot. Just move your belly button or feet to get back onto target.

The "groundhogger" can easily see if a Soldier has attained natural point of aim by having him close his eyes for about 10 seconds and lightly tapping the front sight housing straight to the rear to simulate mild recoil. Then, have the Soldier open his eyes and see what he does to get back on target. Notice if he



moves the rifle sideways or hunches or lowers his shoulders. If he has mastered this simple concept, then the rifle is still on target and the "groundhogger" will detect no motion to get back on target. Utilizing this tip will immediately decrease the size of the resulting shot group. It's a concept so simple, yet so effective.

**Editor's note:** Sgt. 1st Class Hubert Townsend holds the Distinguished Rifle and Pistol Badge, shoots with the United States Army Reserve international combat team and is a National Rifle Association certified instructor. He welcomes all comments at [hubert.townsend@us.army.mil](mailto:hubert.townsend@us.army.mil)

## POST TALK: What's your secret to success at the range?



*"I try not to focus on it as a task. It's fun getting to shoot all those rounds."*

**Sgt. 1st Class  
Lavell Dishmon**  
Medical Department  
Activity



*"I pull the front of the magazine in to better grip the weapon into my shoulder."*

**Airman 1st Class  
Benjamin  
Crawford**  
JSTO-SYNC



*"I take my whole platoon to the simulator. It works. We get results down-range; three quarters of the platoon shoot expert."*

**Staff Sgt. John  
Gamble**  
360th  
Transportation Co



*"I practice holding the weapon in the prone unsupported to get used to it."*

**Spc. Jai Steele**  
183rd Maintenance  
Co



*"I focus a lot on my breathing. It helps relax me."*

**Pfc. Scott  
Kornegay**  
360th Transportation  
Co

### MOUNTAINEER

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# NEWS

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## Tal Afar has restored hope, life, commander says

by Sgt. Sara Wood

American Forces Press Service

**WASHINGTON** — The efforts of the U.S. military and Iraqi security forces in Tal Afar, Iraq, have transformed the region from an insurgent hotbed to an area of life and hope with restored security, a U.S. military com-

mander said today.

When the 3rd Armored Cavalry Regiment arrived in the region in summer 2005, Tal Afar was a support base that insurgents used to organize, train and equip terrorist cells, the unit's commander, Col. H.R. McMaster, said in a live news conference from Tikrit. Insurgents were drawn to the area

because of its access to external support through Syria and its tendency toward sectarian conflict, he said.

Insurgents terrorized the people of Tal Afar, making them afraid to cooperate with coalition or Iraqi security forces, McMaster said. An average of five civilians were killed each day, and the insurgents spread anti-coalition propaganda, he said.

"This enemy was particularly brutal, and this enemy had choked the life out of the city," he said.

Through Operation Restoring Rights, conducted between August and October, U.S. and Iraqi forces were able to address main problems in the city and reverse damage insurgents had done, McMaster said.

The first problem addressed was security, McMaster said. Once insurgents were subdued, the entire atmosphere of the city changed and people returned, he said.

Another issue was political participation, McMaster said. It was impossible for the people of Tal Afar to partici-

pate in previous elections because of the insurgents, he said. But in the Oct. 15 constitutional referendum and Dec. 15 election, 90 percent of eligible voters went to the polls.

Sectarian violence is ending in Tal Afar, McMaster said. Before the operation, Turkmen Sunnis, who comprise 75 percent of the population, were not able to join the police force because of threats to their families. Now, all citizens work together on a police force that has grown from 150 to 1,765, and the people want to reconcile their differences, he said.

"We began to see the Iraqis taking more and more ownership of this reconciliation process, meeting on their own, for example," he said.

U.S. and Iraqi forces are also restoring basic services to Tal Afar, McMaster said. Before the operation, about 60 percent of the people had electricity and 40 percent had water. Now, virtually all the people have both services, he said.

Photo by Staff  
Sgt. Aaron  
Allmon II

Sgt. 1st Class  
John Guy, 2nd  
Squadron, 3rd  
Armored Cavalry  
Regiment, patrols  
Tal Afar, Iraq, in  
his M1A1 Abrams  
tank.





## Tal Afar

From Page 5

Statistics can prove success to a certain point, McMaster said, but the most convincing proof is what is only visible to troops on the ground.

"The most tangible thing we can see is the people are happy," he said.

"Hope is rekindled; children rush to our Soldiers; people spontaneously express their gratitude to us and the Iraqi army. There are bonds of trust, mutual respect and common purpose forming between the Iraqi army and the people."

The success of operations in Tal Afar can be attributed to a few things, McMaster said. Cooperation between Iraqi government leaders, security forces and police created a unity that inspired confidence in the people, he said.

"The people of Tal Afar understood that this was an operation for them, an operation to bring back security to the city," he said.

The insurgents' brutality also contributed to U.S. and Iraqi success, because it isolated insurgents from the people and revealed their

true intentions of making the city fail, McMaster said.

The operation couldn't have been successful without the discipline, dedication, compassion and endurance of the U.S. Soldiers, he said. "Our Soldiers ought to be exhausted now, but they're not," he said. "It seems like we're gaining energy every day because we see the difference we are making in real people's lives."

Attacks in Tal Afar have decreased significantly, McMaster said, and the insurgents are no longer organized and can't move freely. Citizens are providing tips to the Iraqi army, many times right after incidents occur, he said. In one dramatic case, a tip came in immediately after a mortar attack and the Iraqi police responded and captured the responsible individuals right away. Iraqi people in the area are tired of the insurgents' violence and are committed to making positive changes, with many of them volunteering for the police force despite threats, McMaster said. "I guess what people don't get to see is ... how resolute and how determined these courageous Iraqis are," he said.



Photo by Staff Sgt. Aaron Allmon II

*Spc. Francis Young, from 2nd Squadron, 3rd Armored Cavalry Regiment, mans a 50-caliber machine gun while on patrol in Tal Afar, Iraq.*

# Military

## 1-68th CAB donates soccer jerseys to Iraqis

**Story, photo by Spc. Lee Elder**

*133rd Mobile Public Affairs  
Detachment*

**HAMRIN, Iraq** — Soon, Iraqi soccer players will be wearing new jerseys donated by a British football club.

Soldiers from Company C, 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, presented the jerseys to the town mayor, Khaled Ibrahim Khalaf el-Jarbary.

The mayor said he hopes to schedule a match between two of the teams wearing the jerseys.

"This makes me very happy," el-Jarbary said. "It is a good feeling knowing my military guys take care of the civilians."

The jerseys were procured by Company C's predecessors, Battery B, 1-10 Field Artillery, 3rd Infantry Division. However, they were not delivered until after the units had changed out late last year.

Capt. Angel Brito, Company C's

commander, said he was glad to finish the job.

"I really didn't do much," said Brito, a Levittown, Puerto Rico native. "I was just on the receiving end of what they had done."

There were enough jerseys donated for five teams, each sporting different color schemes. It took two soldiers to carry the gigantic box into the mayor's home.

Despite much community interest in soccer, the teams have had little in the way of support until now. The mayor said the uniforms would be put to good use.

"There will be a lot of happy young people," he said. "The teams will be very happy."

The Ipswich Town Football Club donated the uniforms. Brito's predecessor, Capt. Mark Stoneman, who set up the donation, had contacted the British team.

For his part, el-Jarbary said the presentation should be the start to a good working relationship between the town



*Spc. Nathan Yancer, Company C, 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team, is greeted by children near Hamrin, Iraq.*

and U.S. forces. He pledged to continue working with U.S. and coalition forces to help sustain peace here.

"I am going to do my best to continue this," el-Jarbary said.

"I want our relationship not to be like military to civilian, but be more like brothers."

In addition to the uniforms, new soccer balls were also delivered. It was

a different sort of mission for the Soldiers of the Fort Carson unit who were greeted by about 50 local children.

"It's really nice to get out and meet the public," said Spc. Nathan Yancer, a driver from Athens, Mich. "It's good to see smiling faces."

"When you see their smiling faces, it makes what you're doing here seem more worthwhile."

# Military briefs

## Miscellaneous

**Special Ops** — The Special Operations Recruiting Battalion (Provisional), Fort Bragg, N.C., is accepting applications for civil affairs and psychological operations officer candidates.

Recruiters are currently looking for commissioned officers in year groups 1997-2003 to apply to detachment commands in civil affairs or psychological operations. Both male and female officers from any career branch are encouraged to apply. An Army Special Operations Forces board will convene in April to select candidates. For more information visit the Web site at [www.bragg.army.mil/CAPSYOP/](http://www.bragg.army.mil/CAPSYOP/).

**Combat debriefing** — A combat debriefing group for officers who have been to Iraq will meet weekly on Thursdays at the Army Community Service main conference room from 11:30 a.m.-1 p.m. For more information contact Dr. Kay Beaulieu or Dr. Michael Pantaleo at 526-7155.

**Colorado Hard-Tack Veterans** — The Colorado Hard-Tack Veterans will meet Thursday at VFW Post 4051, 430 E. Pikes Peak Ave. from 11 a.m.-1 p.m. Meetings are open to all veterans; active-duty, retired, Reserve, National Guard or prior service. The group will discuss post traumatic stress disorder, Veterans Administration benefits, Veterans of Foreign Wars associations and more. Refreshments will be served. The group will meet monthly.

Call Bill Lawson at 471-9445 or e-mail [wendol@earthlink.net](mailto:wendol@earthlink.net) for more information.

**Female sexual abuse survivors** — A group for active-duty female sexual abuse survivors begins in February at Evans Army Community Hospital's Behavioral Health section. Call 526-7155 and ask for Dr. Kay Beaulieu for more information.

**Local OCS board** — Headquarters, Department of the Army will hold an Officer Candidate School board April 10. There will be a local OCS board at the Elkhorn Conference Center Feb. 22 and 23 from 7 a.m. to 5 p.m. This board is required for all applicants.

Participants must report in Class A uniform on Feb. 22 and 23. Packets must be turned in to the 502nd Personnel Services Battalion, Personnel Actions Section, bldg 118, room 208, no later than Feb. 15.

For more information call 526-2295/6481.

**Learning Resource Center offerings** — The Learning Resource Center, located in the Fort Carson Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-9 p.m., Friday 9 a.m.-8 p.m., Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. For more information call the Learning Resource Center at 526-4058/8077.

**Reserve Component Officer Liaison** — The Fort Carson Post Retention Office is offering Reserve component counseling for officers transitioning from the active component.

The purpose of the counseling is to provide officers returning from active duty with information regarding remaining military service obligation, the advantages of Reserve membership and special programs and incentives available by serving in the National Guard or U.S. Army Reserve.

For more information contact Maj. Richard Heebner, bldg 1219, room 134, or call 526-4969.

**Weight control/taping classes** — To attend the active-duty weight control class or the taping certification class, Soldiers should call the TRICARE appointment line at 457-2273. No referrals are needed. Both classes are taught at the Mountain Post Wellness Center. For more information on the classes call 526-7971.

## Laundry service

**Post Laundry Service** — The post laundry ser-

vice provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in.

Allow enough time; it is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turnaround for service is 72 hours. No appointment is necessary.

The post laundry will not clean personal items like battle dress uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, combat vehicle crewman jackets and most web equipment.

Hours of operation are 7:30 a.m.-noon and 12:30-3:45 p.m., Monday through Friday, except holidays. For information call 526-8806/8804.

## CIF Hours

### CIF hours of operation:

#### Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m. to 11:30 a.m.

#### Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

#### Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

#### Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.

#### Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

#### Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

#### Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

#### Unit issues and turn ins

Call 526-6477/5512 for more information.

## Hours of operation

**Education center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

**Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

**Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

**Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

**Basic Skills Education Program/ Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

**eArmyU Testing** — Monday and Wednesday-Friday, 8 a.m.-2:30 p.m., closed training holidays.

**Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

**Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., closed Friday and federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

*Wolf Inn* — Monday-Friday 7-9 a.m. (breakfast),

11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Indianhead Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Butts Army Air Field* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

*Patton Inn* — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Striker Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*10th SFG* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**Special Forces briefings** — Special Forces briefings will be conducted weekly in building 1217, room 304. Briefings are Wednesdays at 10 a.m. and noon.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation. Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information contact Sgt. 1st Class Christopher Ball at 524-1461.

**The Army Career and Alumni Program Center briefing** — The Army Career and Alumni Program preparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. If you do not know your AKO user name or password call (877) 256-8737. ACAP briefings are held Monday through Thursday from 7:30-10 a.m. Attendees must report to ACAP by 7:15 a.m., bldg 1118, room 133, located across from the Welcome Center. Call 526-1002/0640 to schedule a briefing.

**Are you at end of time in service?** — Soldiers within 120 days of end of time in service should call 526-2607/2599 to make an appointment for a mandatory briefing.

Briefings are held Tuesdays in bldg 1042, room 310. The briefing begins at 7:15 a.m. Seating is limited. Soldiers must attend in military uniform, no PT uniforms.

**The Commanding General's Newcomers' Brief** — The briefing is the third Wednesday of each month, 1-3 p.m. at McMahon Theater.

**eArmyU** — eArmyU briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and



**BOSS meeting** — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

# 39th Brigade mending scars of war

by **1st Lt. Chris J. Heathscott**  
*39th Brigade Combat Team, 7th ID*

Last spring, hundreds of Soldiers returning from Iraq with the 39th Brigade Combat Team thought they were putting their yearlong deployment behind them. For many, however, the deployment wasn't left far behind. It continues to shadow their lives.

Nearly 300 Soldiers who deployed with the 39th brought home injuries from battle, along with the Purple Heart in honor of their sacrifice. However, these brave men and women were not the only Soldiers tagged with reminders of their time in Iraq. Nonbattle injuries born from the strain of a yearlong deployment offered many more with an undesirable souvenir of their time in service.

Along with the physical reminders, the loss of 16 Soldiers from shared hometowns in Arkansas has seared memories into the minds of many of these men and women. Experience on the battlefield has left some fighting new battles at home. The truth of the matter is that battles leave scars ... both physically and emotionally.

The first step to healing these

wounds is to identify the problem, a challenge that the commander of the 39th Brigade Combat Team, Col. Mike Ross, is taking seriously.

"My primary concern right now is for the health and well-being of my Soldiers," said Ross, who served as the brigade's deputy commanding officer during the deployment. "It is our intent to take care of our Soldiers and to assist them the best we can. We are in the process of going through a post deployment health reassessment in order to identify any potential health issues our Soldiers may have as a result of their service, no matter how small ... anything from headaches to (post traumatic stress disorder)."

The initial results of the reassessment returned high numbers of referrals for follow-up care for the brigade. PTSD has risen as an issue of concern, however, the large majority of referrals are for follow-up in relation to physical injuries.

With an estimated 15 to 30 percent of Vietnam veterans diagnosed with PTSD and 10-15 percent of vets from the first Gulf War developing the condition, it is an issue of concern with the nation's newest veterans. With this in

mind, Ross wants to ensure Soldiers get the help they need, offering assistance without a stigma attached to it.

"Commanders, (first sergeants), and (first line leaders) will use the assessment in order to identify Soldiers suffering from PTSD. Leaders at all levels will use the utmost confidentiality in dealing with these Soldiers," Ross wrote in a command policy letter addressed to his subordinate commanders. "Neither adverse actions nor any mistreatment will be tolerated when dealing with these Soldiers."

During the unit's drill weekend in January, the 39th's Headquarters and Headquarters Company of the 2nd Battalion, 153rd Infantry, in Searcy, Ark., conducted its PDHRA. Prior to the assessment, the battalion commander, Lt. Col. Cary Shillcut, embraced Ross' policy while encouraging his Soldiers to complete the survey with absolute honesty.

"No one is going to look at you differently under this command," Shillcut said. "It's not going to affect your career. Be honest. We can get you the assistance you need."

An initial assessment was conducted as part of the brigade's redeployment

process last spring, yet a couple of hurdles blocked the identification of the majority of issues. The possibility of being placed on medical hold status keeps service members from admitting to physical problems that would further delay their return home. The second obstacle in identifying a Soldier's need for follow-up care is that behavioral and emotional issues are typically not apparent until several months after their return.

Having identified these barriers, the Department of Defense developed the PDHRA — the 'Re-Assessment' — which is conducted several months after redeployment. In this process, service members complete the reassessment which is reviewed by a military doctor or physician's assistant, prior to a face-to-face interview. Should an issue be identified, an appointment for follow-up care is made with the Veterans Administration, or eligible TRICARE doctor closer to home if that individual lives outside of a 50-mile radius from the VA.

"When our units return from operations around the world, their equipment

# 3/29th Soldiers man their Paladins, provide light, smoke

Story and photo by Spc. Lee Elder

133rd Mobile Public Affairs  
Detachment

## MUQDADIYAH, Iraq —

Members of Company A, 3rd Battalion, 29th Field Artillery, are ready in a moment's notice to support U.S. and Coalition forces here in a powerful way.

Manning their mortars and their M109A6 Paladin systems, these Soldiers from 3rd Heavy Brigade Combat Team out of Fort Carson are always prepared to provide an array of fire support against insurgent forces in northeast Iraq. Team members based at Forward Operating Base Normandy get called into action at all hours of the day and night.

"When they need light, we give them light," said Pfc. Talalasi Sao III, the team's No. 1 cannoneer. "When they need smoke, we give them smoke. Or when they just need stuff blown up, that's us."

Sao, an American Samoan who hails from Laei, Hawaii, is responsible for loading the shells into the breech of the howitzer aboard the Paladin system. The rounds weigh nearly 100 pounds each, and can be hurled as far as 30,000

meters away.

After Sao does his part, the team's gunner, Sgt. Bob Chatham, a native of Blytheville, Ark., springs into action. He quickly stuffs the charge into the breech behind the round.

Sao primes the charge. Staff Sgt. Dwight Curtis, the team's section chief then gives the lanyard used to pull the trigger on the cannon to Sao. Sao then yanks on it with all his might and fires the round.

If all goes well, the process takes 25 seconds.

"I get goose bumps as soon as I hear 'fire mission,'" Sao said. "When we shoot the big bags, and the (recoil) comes all the way back here and we can feel it almost knock us off our feet; that's a rush. I like that."

Team members use the term "rush" a lot. Whether they are scurrying to send fire downrange or describing the feeling they get as they hone their skills in a battlefield environment.

"We do enjoy putting rounds downrange," said Curtis, who was born in Jamaica but hails from Brooklyn, N.Y. "It's our primary duty."

"It's always a rush ... plus (we) get the bad guys out there," Curtis said. "We are here to keep Soldiers safe.



Pfc. Talalasi Sao III, Company A, 3rd Battalion, 29th Field Artillery, loads a shell into the breech of a howitzer onboard the M109A6 Paladin system in Iraq.

"Whatever we need to do to provide a safer route for the Soldiers, we'll do it."

The fourth member of the team is its driver, Spc. Eric Richardson, who is from Dallas. The tall Texan said he is "the motivator" for the team.

"When we support our Soldiers, it's a total team effort," Richardson said.

"One job can't work without the other."

The team's platoon sergeant is Sgt. 1st Class Curtis McAdoo. A Russell, Kan., native, he said Curtis' team members are top-notch performers.

"Staff Sgt. Curtis is a very knowledgeable section chief," McAdoo said. "His team works well together and they always do well."





Photos by Spc. Clint Stein

## *Honoring Soldiers*

**Above:** Soldiers of the 3rd Armored Cavalry Regiment Honor Guard fire a 21-gun salute in honor of Sgt. Timothy R. Boyce, Sgt. Denis J. Gallardo and Cpl. Jared W. Kubasak during a memorial service Jan. 25 at Soldiers' Memorial Chapel.

**Right:** The portraits, boots and identification tags of Boyce, Gallardo and Kubasak are on display during a memorial service in their honor at Soldiers' Memorial Chapel. All three Soldiers served with the 3rd ACR and were deployed in support of Operation Iraqi Freedom.





Photo by Spc. Aimee Millham

## Retirees honored

*Chief Warrant Officer Felipe M. Montano receives a Meritorious Service Medal during a retirement ceremony Jan. 25 at the Special Events Center. The ceremony also honored the retirements of Maj. Kurt C. Hoch, Capt. Phillip A. Lucero, Master Sgt. Edward G. Brock, Sgt. 1st Class Timothy Hutchins, Sgt. 1st Class Raymond J. P. Puchalski, Sgt. 1st Class Mike L. Shelton, Sgt. 1st Class Rene Rodriguez, Sgt. 1st Class Willie D. Carr Jr., Sgt. 1st Class David G. Whitaker, Sgt. 1st Class Rainer F. Steinbauer and Sgt. 1st Class David C. Smith.*

## Mending

From Page 7

is rechecked and reset," said Army Surgeon General, Lt. Gen. Kevin Kiley.

"We see this health screening as an expansion of the process that looks at resetting the fighting force — resetting and maintaining the wellness and health of Soldiers."

"Our Soldiers and airmen are the most important assets we have," said The Adjutant General of Arkansas, Maj. Gen. Don C. Morrow.

"Even the best equipment is useless if you don't take care of the men and women who operate it.

"We want to ensure that all of our service members, and their families, have the tools to overcome any health problems resulting from their service."

"It's important to remember that this is an overall health reassessment," Kiley said, "not just a mental health reassessment. Many of these Soldiers have been working very hard in combat operations throughout the world.

"They come back, get some time to rest and recover, and then they begin to realize that some of the things — backaches or skin rashes, for example — have not gone away. This screening process gives them an

opportunity to come back to us, and for us to provide them the follow-on care they need."

"There is nothing more important to us than our Soldiers," said Ross. "They have endured an amazing sacrifice for their country that took them away from their families for a year and a half.

"The very least we can do is provide them the assistance they need to ensure their good health and well being.

"If one of my Soldiers has back problems because of this deployment, we're going to get that Soldier help. If one of them has nightmares because of it, we're going to get them help. It's our responsibility to do whatever it takes to take care of these men and women."

Upon completion of the reassessment of Soldiers currently in the 39th Brigade, regional sites will be established around the state for those who transferred to different units or were discharged since the brigade's return.

Service members in need of immediate assistance in relation to symptoms of PTSD are encouraged to call the VA Readjustment Counseling Services Center between 8 a.m. and 5 p.m. at (501) 324-6395.

**Editor's note:** The 39th BrigadeCombat Team is part of Fort Carson's 7th Infantry Division.

# COMMUNITY

# Test your Super Bowl knowledge

Think you know something about the gridiron? Here's a test to find out if you're a football freak or a pigskin poser. After you've choked on the quiz, check the bottom of the page for the answers.

**Editor's note:** The following feature appears in the official game program of Super Bowl XL.

1. Which current National Football League division is home to the most Super Bowl champions?
2. Who is the only player to appear in a Super Bowl with the same team in three different decades?
3. Which of these four players was never voted most valuable player of a Super Bowl? Lynn Swann, Roger Craig, Marcus Allen, Mark Rypien
4. What team has made the most Super Bowl appearances?
5. Entering 2005, what seven current NFL teams had never made the Super Bowl?
6. Who is the only person to play in both the World Series and the Super Bowl?
7. What was the halftime score of Super Bowl IX between the Pittsburgh Steelers and the Minnesota Vikings?
8. Three of the following players have scored three touchdowns in a Super Bowl game. Who doesn't belong? Terrell Davis, Roger Craig, Ricky Waters, Franco Harris
9. What facility hosted the first Super Bowl played indoors?
10. Name the only teams to square off in back-to-back Super Bowls.
11. Who scored the tie-breaking touchdown with under two minutes remaining that gave the St. Louis Rams a 23-16 victory over the Tennessee Titans in Super Bowl XXXIV?
12. What team snapped the Northern Football Conference's run of 13 consecutive Super Bowl victories?
13. Who is the last defensive player to be named Super Bowl MVP?
14. Name the only two teams to appear in more than two consecutive Super Bowls.
15. Where was Super Bowl I played?
16. What city has served as host for the most Super Bowls?
17. What's the northern-most city to host a Super Bowl?
18. Who scored the go-ahead touchdown for the New England Patriots in the fourth quarter of their Super Bowl XXXIX win over the Philadelphia Eagles?
19. Who is the only player to intercept three passes in a Super Bowl?
20. Who threw the Los Angeles Rams' touchdown pass in their Super Bowl XIV loss to the Steelers?
21. Who caught two touchdown passes 18 seconds apart to help the Dallas Cowboys pull away from the Buffalo Bills in Super Bowl XXVII?
22. Of the 17 teams that have won at least one Super Bowl, five of them own perfect Super Bowl records. Name those teams.
23. Who owns the single-game Super Bowl record with three sacks?
24. Which was the first wild-card team to win the Super Bowl?
25. Most people remember Buffalo Bills' Scott Norwood missing his field-goal attempt at the end of Super Bowl XXV. But who kicked the 21-yard field goal that accounted for the New York Giants' winning points?
26. What head coach had the longest span between Super Bowl appearances?
27. What team scored the most points while losing in the Super Bowl?
28. Jerry Rice holds the record for career Super Bowl receptions with 33. Which of these players is second on that list? Andre Reed, Lynn Swann, John Stallworth, Michael Irvin
29. Who coached the New York Jets to their "upset" victory over the Baltimore Colts in Super Bowl III?
30. Who quarterbacked the Baltimore Ravens to victory in Super Bowl XXXV?
31. The Green Bay Packers' Max McGee caught four passes during the entire 1966 regular season. How many catches did he have in Super Bowl I?
32. Which of the following teams has not lost four Super Bowl games? Miami Dolphins, Vikings, Denver Broncos, Bills
33. Who was the first person to win a Super Bowl as a player and a coach?
34. What quarterback holds the Super Bowl record for most completions in a game? Joe Montana, Phil Simms, Joe Namath, Tom Brady
35. Who scored the Cincinnati Bengals' only touchdown in its 20-16 loss to the San Francisco 49ers in Super Bowl XXIII?
36. Only once has a team failed to score at least one touchdown in a Super Bowl game. Name that team.
37. Who is the only player to win Super Bowl rings with three different teams?

## ANSWERS:

- |     |   |
|-----|---|
| 1.  | NFC East (10). The Cowboys have won five Super Bowl titles, the Washington Redskins three, and the Dallas Cowboys two.  |
| 2.  | Gene Upshaw, as a member of the Oakland Raiders in Super Bowl II (1968), and XV (1981).   |
| 3.  | Roger Craig, Although he played on three championship teams with the San Francisco 49ers in the Super Bowl XXV, he was never MVP.   |
| 4.  | Dallas, 8. The Cowboys' last appearance was in Super Bowl XXX, a 27-17 victory over the Steelers.   |
| 5.  | Arizona Cardinals, Cleveland Browns, Detroit Lions, Houston Texans, Jacksonville Jaguars, New Orleans Saints, Seattle Seahawks.   |
| 6.  | Peyton Sanders. Sanders was part of the 1992 Atlanta Braves team that lost to the Toronto Blue Jays in the World Series, before he won back-to-back Super Bowl rings as a member of the 49ers (Super Bowl XXIX) and the Cowboys (Super Bowl XXX). |
| 7.  | The Steelers led 2-0 at halftime during Super Bowl IX.  |
| 8.  | Francis Harris. Davis had three touchdowns for the Raiders in Super Bowl XIX; Craig scored three times for the 49ers in Super Bowl XIX; Walters did it for the 49ers in Super Bowl XXIX.  |
| 9.  | The Louisiana Superdome. It was the site of Super Bowl IX between the Cowboys and the Broncos.  |
| 10. | The Cowboys and the Bills met in Super Bowls XXVII and XXVIII. The Cowboys won both games.  |
| 11. | Isaac Bruce on a 73-yard pass from Kurt Warner.   |
| 12. | Denver. The Broncos beat Green Bay, 31-24, in Super Bowl XXXII.   |
| 13. | Dexter Jackson, Tampa Bay Buccaneers. He had two interceptions in a 48-21 win over the Raiders in Super Bowl XXXVIII.   |
| 14. | The Bills appeared in four straight Super Bowls, while the Dolphins played in three straight.   |
| 15. | Memorial Coliseum in Los Angeles.   |
| 16. | New Orleans, 9. However, with Miami scheduled to play with 10 games hosted.   |
| 17. | Minneapolis. Washington's 37-24 win over the Bills in Super Bowl XXVI was played at the Metrodome.  |
| 18. | Corey Dillon on a two-yard run.   |
| 19. | Red Martin. He picked off three passes for the Raiders in their 27-10 win over the Eagles in Super Bowl XV.   |
| 20. | While Montana threw 11 touchdowns in Super Bowl play, he was never intercepted.   |
| 21. | Miami, 14. The Dolphins beat the Redskins, 14-7, in Super Bowl VII to cap their undefeated 1972 season.   |
| 22. | The Ravens' Jermelle Lewis, who returned a kickoff 84 yards for a touchdown against the Giants in Super Bowl XXXV, interestingly, that play came only seconds after Ron Dixon returned a kickoff 97 yards for a touchdown.                        |
| 23. | Lawrence McCutcheon on a 24-yard pass to Ronnie Smith.  |
| 24. | Michael Irvin caught 19-yard and 18-yard touchdowns passes from Troy Aikman, helping the Cowboys take a 28-10 halftime lead.  |
| 25. | The 49ers are a perfect 5-0 in Super Bowl play. The Ravens, Chicago Bears, Jets and Buccaneers are all 1-0.   |
| 26. | Reggie White of the Packers had three sacks against the Patriots in Super Bowl XXXI.  |
| 27. | The 1980 Raiders. Oakland defeated the Texans, Cleveland Browns and San Diego Chargers in the American Football Conference playoffs before beating the Redskins in Super Bowl XVI.  |
| 28. | Matt Bahr. His field goal of 7:40 remaining in the fourth quarter put the Giants ahead, 20-19.  |
| 29. | Pick Warren, 19 years. Vernelle coached the Eagles to Super Bowl XV and the Rams to Super Bowl XXXIV.   |
| 30. | Dallas. The Cowboys scored 31 points in their loss to the Steelers in Super Bowl XXIII.   |
| 31. | Andre Reed, Buffalo Bills. Reed had 27 career Super Bowl catches.   |
| 32. | Weeb Ewbank. In fact, Ewbank's 73 wins in his 11-year tenure (1963-73) still stand as a Jets record.  |
| 33. | Trent Dittler. He completed 17 of 25 passes for 153 yards, including a 38-yard touchdown pass to Brandon Stokely.   |
| 34. | McGee had seven catches against the Kansas City Chiefs in Super Bowl I, including two that went for touchdowns.   |
| 35. | The Dolphins. While the Vikings and the Bills are both 0-4, and the Broncos have a 2-4 mark, Miami is 2-3 in its five Super Bowl appearances.   |
| 36. | Tom Flores. Flores was a member of the Super Bowl IV champion Chiefs and coached the Raiders to the Super Bowl XV title.  |
| 37. | Tom Brady, he completed 32 passes in New England's victory over the Panthers in Super Bowl XXXVIII.   |
| 38. | Stanford Jennings on a 93-yard kickoff return that gave the Cincinnati Bengals a 1-3-6 lead.  |
| 39. | The Dolphins were held to just a field goal in their 24-3 loss to the Cowboys in Super Bowl VI.   |
| 40. | Matt Miller won as a member of the Raiders (Super Bowls XV and XVIII), the 49ers (Super Bowl XXIV), and the Redskins (Super Bowl XXVI). 72 Dolphins   |

# Community Briefs

## Miscellaneous

**Are you Polly Protocol?** — The Fort Carson Officers' Spouses' Club presents "Who Wants to be Polly Protocol?", a comical game to see who knows their "Ps" and "Qs." The event is Feb. 15 from noon-2 p.m. at the Elkhorn Conference Center. Cost is \$12 and includes lunch. Please R.S.V.P. to Alicia Hall at 559-9315 by Feb. 9. If childcare is needed, request it when responding.

**Colorado Mass Choir** — The Grammy-nominated, award-winning Colorado Mass Choir is seeking vocalists for its next gospel recording project in the spring. Auditions will be held Feb. 11 at noon at Faith Lutheran Church, 303 S. Ridge Road, Castle Rock. For more information call Anita Roper at (720) 334-0411 or Phyllis Goss at (719) 440-6654.

**Black History Month events** — The following upcoming events are being held in observance of Black History Month:

- Today, gospel concert, 6-8 p.m., Soldiers' Memorial Chapel. Call 526-5818.

- Wednesday, arts and crafts/reading, Child Development Center, Schriever Air Force Base. Call 560-4938.

- Feb. 21, Black History Month luncheon, 11:30 a.m.-12:30 p.m., Milazzo Club, Air Force Academy. Cost is \$8. R.S.V.P. by Feb. 15 by calling 333-4258.

**Restoration advisory board** — Fort Carson invites the public to learn about environmental restoration projects on post at quarterly restoration advisory board meetings. The next meeting is Thursday at 6:30 p.m. at the Elkhorn Conference Center, bldg 7300. For more information call 526-8001.

**National Prayer Breakfast** — The National Prayer Breakfast will be held March 7 at 7 a.m. in the Grand Ballroom of the Sheraton Inn on Circle Drive in Colorado Springs. The guest speaker is Chap. (Maj. Gen.) David Hicks, chief of Army Chaplains. Tickets may be acquired through Soldiers' chain of command or the Installation Chaplain's Office. Tickets are free, but donations will be accepted at the door.

**Scholarships for military spouses** — The National Military Family Association is accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse — active duty, retired, National Guard, Reserve or survivor — studying toward professional certification or attending a post-secondary or graduate school is encouraged to apply.

Scholarships, normally in the amount of \$1,000, may be used for tuition, fees, books and school room and board. Applications can be found at [www.nmfa.org/scholarships2006](http://www.nmfa.org/scholarships2006). Applications will only be accepted online and must be submitted by midnight April 15. The number of scholarships each year varies.

**Scholarships for military children** — Start off the new year right by making sure you get your Scholarships for Military Children application in by the Feb. 22 deadline. Information, applications and the essay topic for the 2006 Scholarships for Military Children program are available at commissaries worldwide as well as online at the program Web site, [www.militaryscholar.org](http://www.militaryscholar.org).

The program, which is administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system, has awarded nearly \$4 million in scholarships to more than 2,400 students since the first awards in 2001.

**Cañon City walk** — The Falcon Wanderers Volksmarch Club of Colorado Springs will sponsor a 5-kilometer and 10-kilometer Volksmarch (noncompetitive walking) event Feb. 11. The start/finish location is the Recreation Office, 575 Ash Street, Cañon

City. Participants may start the event any time between 9 a.m. and noon. The event is free and open to the public.

Participants under age 12 must be accompanied by an adult. Leashed pets are welcome on the trail. Strollers can complete the trail with some difficulty. Wheelchairs are not recommended. For information call (719) 372-3541 or (719) 667-5662.

**TTY accessibility** — TTY (text telephone) accessibility is now available at Army Community Service. If you are hearing impaired and are interested in information about or connection to ACS programs, call 526-1949 to access the TTY service.

**Reunion briefings** — Army Community Service will host reunion briefings for returning Soldiers' families Thursday and Feb. 16 at 10 a.m. at the Family University, bldg 1161. Reunion briefings can also be scheduled for units or family readiness groups by contacting your unit service coordinator at 526-4590. Limited childcare is available with prior reservations. To reserve childcare, call two days prior to the briefing. Call 524-4218.

**Family Enrichment Support Group** — If you're a victim of domestic violence, you are not alone. Join the Family Enrichment Support Group each Monday (beginning Monday) 1:30-3 p.m. at the Family University, bldg 1161. Limited childcare is available, preregistration is required. For more information call 526-4590.

**Host an exchange student** — Host an exchange student from Europe, Latin America or Asia for the 2006 academic year. Students have program insurance and spending money. Local families share their homes, tables and love. Contact Center for Cultural Interchange at 471-2727 or 238-6402.

**Crime prevention seminar** — The National Rifle Association's Refuse to be a Victim Program will conduct a crime prevention seminar beginning at 8 a.m. Feb. 15 at the Colorado Springs Police Department, 705 S. Nevada. The seminar is three to four hours long, open to the public and free to attend. Preregistration is required and may be done by calling Lori Carnes at 444-7276 or e-mailing [rtbav5650@aol.com](mailto:rtbav5650@aol.com).

**Web site helps spouse groups** — CinCHouse, a nonprofit community of nearly 900,000 military wives and women in uniform, in partnership with USAA, has launched the Spouse Club Hub, an online tool spouse group leaders can use to create their own Web site at no cost and with no software.

Spouse group leaders can create Web sites in about 10 minutes by selecting professionally designed graphics and adding text and photos. Leaders can further enhance their sites with other free options including calendars, photo galleries, discussion boards and e-mail distribution lists. For more information visit the Web site at [www.cinchouse.com](http://www.cinchouse.com). To register log on to <http://hub.cinchouse.com>.

**SAT/ACT prep** — Students preparing for the SAT or ACT can get free assistance by visiting the Internet at [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil). Follow the link for "Registering for SAT/ACT Standard Power Prep Programs." For more information call Fort Carson's School Liaison Office at 526-1071 or 524-0642.

**Waa-Nibe House** — The Waa-Nibe House, named after Kit Carson's first wife, is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies, family readiness group members and other events free of charge. The center includes a main room, three smaller classrooms, a playroom and a catering kitchen with two sinks, a refrigerator, microwave and several counter-tops. View the availability of the Waa-Nibe House at <http://calendar.msn.com/carsonesco@hotmail.com>. Download the reservation form from the Enlisted Spouses Charitable Organization link (under FRGs) at [www.carson.army.mil](http://www.carson.army.mil). To reserve the center e-mail

ARMY COMMUNITY SERVICE  
ACS  
Money Trouble Solutions for Successful Army Units  
Army Community Service  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

The ACS Financial Readiness Program presents  
**Money Trouble Solutions Seminar**

**"How to Get Out of Debt and Stay Out of Debt"**

**Thursday, February 9  
6:00 P.M. to 7:30 P.M.**

**Family Readiness Center, Bldg. 1526  
To register, call (719) 526-4590.**



the reservation form to [CarsonESCO@hotmail.com](mailto:CarsonESCO@hotmail.com).

**A.A. meeting** — There is an Alcoholics Anonymous meeting every Wednesday at Soldiers' Memorial Chapel from 7 to 8 p.m. Anyone can attend the meeting. For more information call 322-9766.

**Post fitness center hours** — Post fitness centers' hours have been adjusted. Hours of operation include:

- Forrest Fitness Center, bldg 1843 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

- Garcia Physical Fitness Center, bldg 1856 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.

- Waller Physical Fitness Center, bldg 2357 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 3-10 p.m.

- McKibben Physical Fitness Center, bldg 1160 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 6 a.m.-3 p.m.

**Alcoholics Anonymous** — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

**Modern Army Combatives Program** — Fort Carson Soldiers and family members can learn combatives from 6-8 a.m. or 6-8 p.m. Monday-Friday. For more information including meeting locations call Capt. Shawn Wray at 330-8305.

**Claims against the estate** — Anyone with claims against the estate of or indebtedness to Capt. Michael R. Martinez, deceased, should contact Chief Warrant Officer Todd Rossignol at 338-3367.

- Anyone with claims against the estate of or indebtedness to Cpl. Dustin Kendall, deceased, should contact 1st Lt. Jessica Gutierrez at 338-9060.



# Serenade your sweetie with tips from GMH

by Spc. Clint Stein

*Mountaineer staff*

Roses are red — violets are blue — learn to cook a dinner for two.

Valentine's Day is around the corner and members of GMH Military Housing would like to help make that special couples' day affordable and romantic.

A cooking class designed to help show spouses how to prepare a delicious and special meal without breaking the bank will be held Friday in the Kit Carson Neighborhood Activity Center.

Valentine's Day is one of largest revenue-generating holidays of the year for restaurants, second only to Mother's Day, with the average couple spending about \$100 for the occasion, according to Business Week.

Mark Browning, GMH outreach coordinator, who helped organize the cooking lesson, said couples don't have to spend a lot of money dining out to show their love for one another on Valentine's Day. In fact, Browning said preparing a Valentine's Day meal at home can not only be more affordable, but have more meaning too.

"Preparing a romantic dinner at home can help show a greater appreciation and love for the other," he said. "You're giving something special from the heart instead of paying for it."

Instead of paying for dinner, people can learn how to prepare one on a limited budget for free. The



cooking class will be taught under the professional instruction of a gourmet chef. Andrew Darrigan, who is the owner and head chef of The Food Designers, a local catering company, will be instructing the class. Darrigan attended the New York City French Culinary Institute and worked at several five-star restaurants in New York before settling in Colorado Springs. He has even prepared several gourmet meals for Hollywood celebrities.

"He's a culinary genius," said Latonya Crider, senior event coordinator for The Food Designers, who will also be in attendance for the lesson.

Crider said Darrigans' specialty is spice rubs for meat and he will most likely show the class how to prepare something of the sort. He will also teach the class how to prepare different kinds of vegetables to go along with the main course as well as desserts. There will also be sample platters for taste testing to give the class other ideas for their dinner menu.

In addition to the cooking lesson, Crider said she and Darrigan will help recommend wine selections. "People don't have to spend a lot of money to get a good wine," said Crider. "The wine should also compliment the dinner being served and we'll tell the class how to do that."

Another important aspect to a delicious and romantic dinner is presentation, said Crider. "I'll show the class how to set a beautiful table with a few simple decorating ideas."

Crider said her table-decorating technique is keeping it simple, but paying attention to detail. "People can tell when someone puts a lot of time and effort into something and that's what makes a dinner special." She continued by saying, "Love and time can make any meal taste fabulous."

The cooking class will be held in the Kit Carson Neighborhood Activity Center, bldg 4800, located on the corner of McNerney and Harr near Gate 2 from 5:30-7 p.m. Childcare will be provided at the East Child Development Center and is free to those with a deployed spouse.

For more information about the cooking class or to make reservations for childcare contact Browning

# For comrades we never met

**Commentary by Chap. (Maj.) Jeff Zust**

*2nd Brigade Combat Team*

*"Greater love has no person, than they would lay down their life for a friend."*

*John 15:13*

*"God shows his love for us in this, while we were yet sinners, Christ died for us."*

*Romans 5:8*

It is said that we make a living by what we earn, but we make a life by what we give. On Feb. 3, 1943, a German U-boat torpedoed the American troop ship, USAT Dorchester, 150 miles off the coast of England. The Dorchester sank in 27 minutes, killing 672 Soldiers and sailors. The attack occurred at night, so most men were sleeping. In the panic that followed, not everyone could find their clothes, or their own life jacket. There were only 203 survivors.

One survivor, Petty Officer John Mahoney was returning inside the ship to find some warm clothes when he was stopped by an Army chaplain. Mahoney explained that he needed to find some gloves. Rabbi Alexander Goode took off his gloves and handed them to Mahoney saying, "Never mind, I have an extra pair." It was then that Mahoney realized Goode did not have a life jacket. He had decided not to leave the ship.

Three other chaplains Father John Washington, Pastor George Fox and Pastor Clark Poling also chose not to leave the ship. When they discovered

that several Soldiers and crewmen didn't have life jackets, the four chaplains removed theirs and gave them to others.

As the ship sank, several Soldiers in the water saw and heard the four chaplains on deck shouting encouragement and praying for those in the water. Pvt. Bednar, freezing in the cold water, could hear them. "Their voices were the only thing that kept me going," he said.

Goode, Washington, Fox and Poling gave their lives for men they barely knew in service to a God they knew intimately. They were not eligible for the Medal of Honor, so on Jan. 18, 1961, Congress posthumously awarded them the Special Medal of Heroism which was never given before nor since.

These chaplains are not the only ones who have sacrificed for the lives of others. In Korea, Father Emil Capun chose to stay with wounded Soldiers and became a prisoner of war. He died in a North Korean prison camp.

In Vietnam, Father Waters died while removing wounded from a firefight. In Iraq, Father Tim Vakoc was seriously injured by an improvised explosive

device while returning from Mass at a remote site.

All Soldiers and their families make sacrifices in war without knowing those who benefit from their actions and often times never seeing the future of the good they do. Not all these sacrifices are heroic — many are simple acts done without considering personal profit.

Not all who benefit are worthy of the sacrifices made for them. Not all acts are noticed and rewarded. Yet all give life, and treat others like friends — regardless if they are known. To understand this is to begin to understand the compassion that lies at the heart of the God

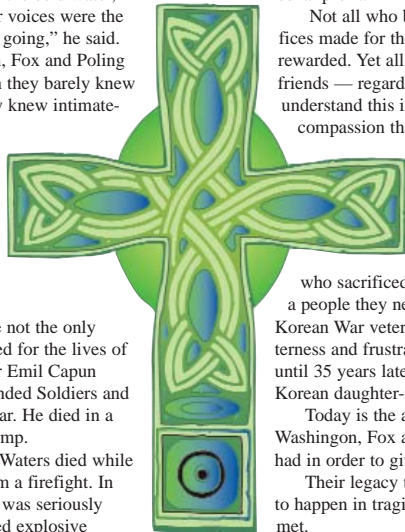
who is in our midst working to build our future — whether or not we are his friends.

The Task Force Smith Memorial in Korea includes a tribute to American Soldiers

who sacrificed for a land they never knew and a people they never met. I once talked to a Korean War veteran who for years held much bitterness and frustration from his service in Korea, until 35 years later when he got to know his Korean daughter-in-law and his grandchildren.

Today is the anniversary of four men (Goode, Washington, Fox and Poling) giving what they had in order to give life to others.

Their legacy to us is a witness of what needs to happen in tragic times for friends we never met.



## Chapel

**New youth program** — A new chapel youth program meets 4-5:30 p.m. Sundays at Soldiers' Memorial Chapel. Military youths grades six-12 are invited. Individual programs for grades six-eight and nine-12 are offered. This program is sponsored by the Fort Carson Catholic and Protestant Chapel congregations. For details call 526-4946.

**Catholic religious education** — Registration forms for Catholic religious education courses are available at Soldiers' Memorial Chapel in the library room. Classes for preschool (age 4) through sixth grades will be held Sunday from 10:30-11:50 a.m. Classes for seventh grade through adult (including confirmation and post confirmation) are held Sunday from 6-8 p.m. Call Pat Treacy at 524-2458 for more information.

**Protestant religious education** — Registration is ongoing for Protestant religious education at Soldiers' Memorial Chapel. Sunday school small groups meet from 9:30-10:30 a.m. The AWANA program for children meets Thursdays from 5-7 p.m. Children's church is provided during the 11 a.m. Sunday service. No preregistration is required for children's church. Volunteers are needed for all programs. Call Dennis Scheck at 526-5626 for more information.

## Chapel Schedule ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

## PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Bank/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511

## JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

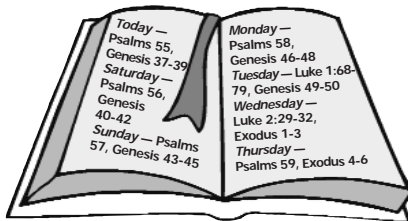
## WICCA

Monday	6:30 p.m.	Bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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## NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



## The Army Cycle of Prayer —

Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. Pray this week for the following:

**Unit:** For the Soldiers and leaders of the Army National Guard's 39th Infantry Brigade, located in Arkansas, Illinois and Oregon, mobilized in support of Operation Iraqi Freedom.

**Army:** For the Soldiers, non-commissioned officers and officers of the Armor Corps. Ask God to guide these warriors whose heavy combat capability has often been the deciding factor in numerous American battles.

**State:** For the Soldiers and families from the state of Mississippi. Pray also for Gov. Halley Barbour, the state legislators and municipal officials of the Magnolia State.

**Nation:** For the thousands of scouts, leaders and volunteers in the Boy Scouts. Through their scouting experience, ask God to mold these young men into good citizens who always serve our country by serving others.

**Religious:** For all Soldiers and families from the Cooperative Baptist Fellowship Churches. Pray also for the chaplains endorsed by this community of faith. Visit the cycle's Web site at: [www.usarmychaplain.com](http://www.usarmychaplain.com).

# Cartoonist helps troops, Fisher House

Story, photo by Donna Miles  
*American Forces Press Service*

**WASHINGTON** — Award-winning satirist Garry Trudeau of “Doonesbury” fame visited the Pentagon today to meet with troops wounded in the war on terror and present them autographed copies of his book featuring the healing process of a comic character he said they inspired.

“The Long Road Home: One Step at a Time,” tells the story of comic strip character “B.D.,” a National Guardsman who lost his leg during the Battle of Fallujah in Iraq and suffers from post-traumatic stress disorder.

Like many real-life U.S. service members who have lost limbs in Iraq and Afghanistan, B.D. was evacuated to Landstuhl Regional Medical Center in Germany before his transfer to Washington’s Walter Reed Army Medical Center. There, as he undergoes the painful healing and rebuilding process, B.D. and his wife Boopsie are cared for at Fisher House, a home away from home on the hospital’s grounds.

Trudeau said he received much of the background and inspiration he uses to tell B.D.’s story in his Doonesbury strip from wounded troops he has met

during numerous visits to Walter Reed and the Fisher House. In return, he’s donating all proceeds from “The Long Road,” a book compiled from the strip, to the Fisher House Foundation.

The foundation operates 33 Fisher Houses in the United States and Germany and plans to open six more soon, said James Weiskopf, the foundation’s vice president for communications. These houses, on the grounds of military and veterans hospitals, offer a setting where family members can be close to their loved ones as they are hospitalized for an injury, illness or disease. “I’ve made some friends over there at the Fisher House,” Trudeau said, noting that he finds “enormous satisfaction in being able to help them.”

Trudeau said he decided to take B.D., a former football star, and have him receive a life-altering injury because he wanted to dramatize the kind of sacrifices troops are making in a very direct way.

Since his initial injury, caused when a rocket-propelled grenade hit his Humvee just outside Fallujah in April 2004, B.D. has endured the long road to recovery in a way that’s inspiring, insightful and even humorous.

“There’s a twisted part of my brain

that squeezes humor out of anything,” Trudeau said of his ability to inject humor into some of life’s most difficult circumstances.

While he has no concrete long-term plans for where he will go with his story, Trudeau said he would like to see B.D. advance “to a place where he can manage his symptoms and live a productive, normal life.”

In one possible scenario, B.D. could return to Walter Reed as a peer counselor, sharing his experience and wisdom with other wounded troops as he helps them through their own recoveries, Trudeau said. In doing so, he said he can help bring visibility to other combat-related injuries that don’t get the same amount of public attention as amputations.

Trudeau said he gained immense inspiration from wounded troops in developing B.D.’s character and is hopeful they’ll find inspiration in B.D. and “The Long Road” as well. “I want it to be a tool to help them in the coping process,” he said.

During visits to Walter Reed, Trudeau said he’s been “astounded” by the wounded troops’ lack of bitterness or self-pity and impressed by what he calls their “indomitable spirit.” So many express hope of getting better so



*Army Spc. Joey Kashnaw, a 4th Infantry Division Soldier who lost his leg after being wounded in Taji, Iraq, in September 2003, meets with Doonesbury cartoonist Garry Trudeau at the Pentagon.*

they can return to their units, even when that likelihood seems impossible. “It takes your breath away,” Trudeau said.

Trudeau said he considers it “quite



## *Fort Carson's motorcycle club:*

# In the pipes or just a pipe dream?

**by Sgt. Matt Millham**

*14th Public Affairs Detachment*

Fort Carson's attempt to start a motorcycle club stalled last week when fewer than a dozen riders showed up to a meeting that was supposed to kick-start the organization.

However, the idea of a motorcycle club for the estimated 1,000 riders at the Mountain Post is not dead — yet.

A Wednesday scheduled meeting during which prospective club members would have voted for officers will instead most likely be used as a meeting to help determine the club's future. The meeting is from 10-11 a.m. at McMahon Theatre.

The person encouraging the establishment of a club here is Maj. Gen. Robert W. Mixon Jr., commanding general of the 7th Infantry Division and Fort Carson. His reasoning is simple: the clubs have been proven to significantly reduce motorcycle-related fatalities among service members.

That's why Gen. Peter Schoomaker, the Army's Chief of Staff, signed off on a policy in December that authorizes motorcycle clubs at all Army installations in the U.S. Mixon had asked Fort Carson's Safety Office to look into such a

program in November.

The program Schoomaker approved is similar to an Air Force program that has been around for years, said Steve Hadley, Fort Carson's safety director. Under the Air Force program, fatalities from motorcycle accidents were reduced by about half, Hadley said.

Like the Air Force's program, the Army's program focuses on mentorship to help spread information and experiences about safe motorcycle operation. The Army's name for the program is the Motorcycle Mentorship Program.

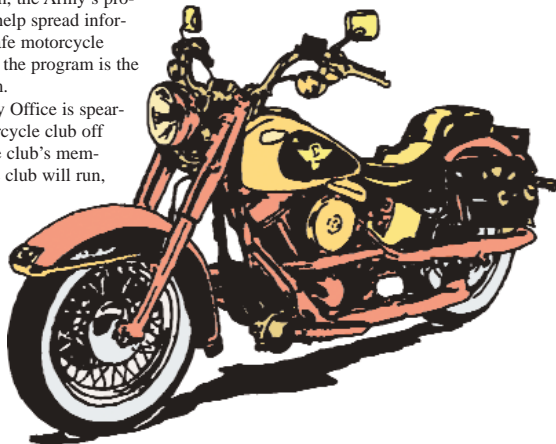
Though Fort Carson's Safety Office is spearheading the effort to get a motorcycle club off the ground here, Hadley said the club's members will decide exactly how the club will run, not the installation.

"It's not something the CG can direct or we can legislate," Hadley told attendees at an informal meeting about the club Jan. 25. "The interest has to come from you."

Though affiliated with the Mountain Post, everything about the club's operation,

including its name, activities and dues, are to be determined by its members. The only limit, said Hadley, is that the club has to have a charter and bylaws. He has templates for those, he said, from an Army installation that already has a club.

For more information on the club contact Installation Safety at 526-2123.



# Fort Carson's growth creates opportunities

by Susan C. Galentine

*Directorate of Environmental Compliance and Management*

There is no doubt about it, Fort Carson is growing. As additional new units and Soldiers make their way to the Mountain Post, planning for significant growth is of critical importance to the installation and the people living and working here.

It is easy to plan things from a short-term perspective, but such planning can end up requiring more work and costs down the road if not done sustainably and with a long-range view.

As part of its sustainability goals, Fort Carson recently adopted "Smart Growth" principles in master planning to prepare for the growth of the installation.

"Smart Growth" at Fort Carson is development that supports the mission of training Soldiers and units, while developing strong communities and protecting the environment now and into the future, according to Tom Wiersma, Fort Carson Community Planner with the Directorate of Public Works.

"Smart Growth" will help Fort Carson grow in a way that conserves resources for the future while increasing the health of communities, readiness of units and environmental stewardship of the area.

Fort Carson is not alone in developing growth principles that focus on sustainability.

The Army has become a strong proponent within the Department of Defense in supporting the triple bottom line of sustainability: mission, community

and the environment.

"Communities are recognizing problems associated with sprawl development and are taking steps to curb highly dispersed development patterns that have been characteristic of development in the United States for the past 50 years," said Wiersma. "With all future development, Fort Carson wants to ensure that open space is available for close-in training opportunities while not increasing requirements for vehicle transportation between facilities and complexes. Growth principles will allow Fort Carson to improve training opportunities by conserving resources and protecting the environment."

The following are a few examples of the "Smart Growth" principles being implemented in master planning decisions at Fort Carson.

Promoting military cohesiveness and efficiency in training: Unit facilities will be located, when possible, in such a way that units retain their identity while creating flexibility as they deploy from and redeploy to Fort Carson. Collocating military training facilities and protecting "close-in" training areas for military units will also reduce transportation requirements and costs.

Minimizing the development of open spaces: New development will avoid sprawl development, which increases long-term infrastructure costs and degrades quality of life by eliminating natural, open space. Discussion is under way to construct buildings that grow up (more stories), rather than grow out and locating buildings closer together. This more compact

design requires fewer feet of utility lines, such as water, sewer, gas, electricity and phone service. Planning will include an "open space" infrastructure plan that sets aside areas that should be protected from development, such as parks, recreation areas, natural habitat, forest, prairie, wetlands and environmentally-sensitive areas.

Improving walk-ability of installation neighborhoods: One-fourth of all trips people make are one mile or less, but three-fourths of these trips are made by car, according to the Federal Highway Administration. Developing green walkways that connect facility locations will promote pedestrian traffic and reduce the need for vehicle use. Increasing the number and quality of walk-able communities by building multiple destinations close together will also encourage walking. A distance of one-quarter mile is considered the standard distance people will walk to easily get from one place to another.

**Planning living, shopping and working areas close together:** Combining living, working and service-related facilities will promote ease of use for customers on Fort Carson. In Soldier areas, there are plans to continue collocating barracks, operations facilities, motor pools, chapels, fitness centers and Army and Air Force Exchange Service facilities. Plans also include creating administrative/headquarters/directorate high-density areas that collocate offices that work closely together. The emphasis will

## Growth

From Page 19

be on increasing development to promote walking/biking instead of the use of cars.

**Building new areas close to existing utilities:** The most cost-efficient locations for new development are where roads, sewers, water lines, gas lines and other utilities already exist. Locating facilities close to existing infrastructure also preserves open space for close-in training; creates wildlife corridors; preserves water quality; reduces maintenance requirements; and provides for a better quality of life through recreational opportunities, improved health and reduced traffic.

**Encouraging community input in development decisions.** Gaining support for future development increases the likelihood of long-term project success. The community perspective is important to ensure that mixed-use, compact, walkable and transportation-rich communities are developed

on Fort Carson because this type of development represents a departure from what is conventional and familiar.

Rapid growth is a sticky problem to tackle with the speed in which development needs to occur. Implementing Smart Growth principles will help ensure planning and development are acceptable at the installation-level, and will also provide a healthy and pleasing living and working environment for the Fort Carson community.

"The Army isn't the only organization feeling pressure to go bigger and better in a short time frame with little money," said Birgitte Dodd, Fort Carson Sustainability Planner.

"This is the critical time to do things smart and efficiently.

"Fort Carson has a real chance to use cutting edge tools and concepts to make what looks 'mission impossible,' possible," Dodd said.

For more information call the community planner at 526-4265.



Photo by Spc. Aimee Millham

## Get ready for barbecue

Col. Michael Resty Jr., Fort Carson U.S. Army Garrison commander, Army and Air Force Exchange Service executives and Glad's Original Bar-B-Q owner Gregory L. Davis Sr., center, cut the ribbon at the official opening of Glad's Original Bar-B-Q Express on post Jan. 27. The restaurant, located at the MiniMall, offers a variety of Southern barbecue fare. With an array of sandwiches on its menu, the restaurant is the express version of Davis' other Glad's Original Bar-BQ located in Colorado Springs.

# Eleven Army boxers advance to Armed Forces final

**Story and photo by Esau Lolis**

*Army News Service*

**FORT HUACHUCA, Ariz.**— More than 1,800 spectators witnessed 29 boxers from across the Army contend for the All-Army Boxing Championship at Fort Huachuca's Barnes Field House Jan. 20 and 21.

Returning to this year's boxing competition was 2005 Conseil de International Sports Militaire light-heavyweight bronze medalist Staff Sgt. Christopher Downs of Fort Carson, and the 2004 light-midweight gold medalist 1st Lt. Boyd Melson. Both won gold at Huachuca as boxing enthusiasts enjoyed free admission for the 16 bouts over two nights.

## *Downs wins gold*

Downs won gold at the Armed Forces Boxing Championships last year and nabbed a Bronze Medal at the U.S. Amateur Boxing Nationals last March.

Downs won the 2006 All-Army light-heavyweight gold medal by way of referee stopping the contest due to a head injury. At the beginning of round one, Downs threw a series of powerful blows to the head of Spc. Tremaine Knox of Fort Riley, Kan., sending him to the canvas. The referee stopped the contest after only 29 seconds of the first round.

## *Melson moves forward*

Former CISM gold medalist and three-time All-Army champion 1st Lt. Boyd Melson won the light-middleweight gold medal and moved forward in his quest to the 2006 CISM championship by defeating Spc. Jonathan Conn by referee stopping the contest.

Shortly into the third round, Melson threw a

lightning-fast combination dazing Conn, and causing his nose to bleed and sending him into a dizzying standing eight count. The referee stopped the contest and declared Melson the victor.

## *Franklin beats Jimenez*

Unopposed boxers Spc. John Franklin and Sgt. Jose Jimenez fought a match bout. Franklin won the bout by outpointing Jimenez 33 to 13.

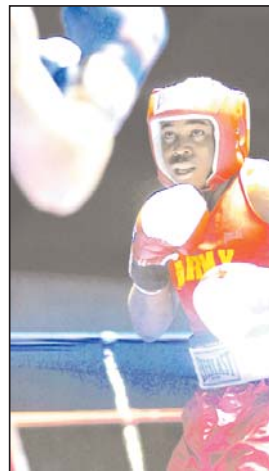
Jimenez, who returned from Iraq just three weeks ago, described his advancement to the All-Army Boxing Championship saying, "it was a long time coming." Jimenez competed in 2002 but did not place.

## *Guzman takes heavyweight title*

In a battle of Army heavyweight superstars, defending All-Army champion Sgt. Joe Guzman of Fort Carson faced off against Spc. Jeffrey Spencer of Fort Hood, Texas, during the final bout of the night.

Both boxers were evenly matched, blow for blow during the first two rounds. The Guzman onslaught began in round three. The bell rang to begin the final round and Guzman came out swinging with an array of scoring blows to Spencer's torso. The referee stopped the bout twice to warn Guzman. Guzman nearly dropped Spencer but Spencer fought back bravely.

The crowd went wild as the competition came down to the last 10 seconds. Once the bout was over, the crowd eagerly anticipated the judges' decision. Guzman was named champion out-pointing Spencer by just three points 27-30. Guzman was awarded the 2006 All-Army heavyweight gold medal.



*Spc. Quentin McCoy, Fort Carson, moves in on his opponent, Spc. Joshua Kidwell of Fort Bliss, Texas, on the first night of All-Army boxing, Jan. 20. McCoy out-pointed Kidwell 34-14.*

"He came out fast and I didn't think he was going to be able to maintain that tempo," Guzman said of Spencer. "The last round I got two eight-counts and that's what I needed," he said.

Guzman went on to say he changed his boxing style up a little during the last round which helped him to win.



# Carson community celebrates black history



Sgt. 1st Class Stephen Imhoff, 2nd Brigade Combat Team, serves up fried chicken to Sgt. Maj. Herman Swift, 43rd Area Support Group.

## Story and photos by Spc. Curt Cashour 14th Public Affairs Detachment

Approximately 250 people packed Elkhorn Conference Center Jan. 27 for Fort Carson's official observance of Dr. Martin Luther King Jr. Day and Black History Month.

The celebration, which was sponsored by the 7th Infantry Division and 2nd Brigade Combat Team, drew a diverse crowd that spanned a multitude of age and ethnic groups.

Marine Sgt. Maj. D. Scott Frye, sergeant major for the North American Aerospace Defense Command and United States Northern Command at Peterson Air Force Base, served as guest speaker for the event.

In keeping with the observance's theme, "Reaching Out to Youth: A Strategy for Excellence," Frye urged the audience to educate younger generations about the contributions blacks have made to American society.

"Black history month is not about black people coming together and patting ourselves on the back. It's about all people recognizing our achievements," he said.

Later, Frye focused on how the integration of blacks into the military manifested itself in other areas of society.

"When we proved that we were willing to sacrifice for this country, it set the stage for integration (in the civilian world)," he said.

But that's not to say the military hasn't struggled with its own race issues. When Frye enlisted in the Marines in 1975, he said he encountered "race riots" in the barracks.

"It was hard for me to take. My parents didn't raise me that way," Frye said.

Since then, things have changed for the better, Frye said. And although he still thinks race relations

in the military can be improved, Frye said blacks in the military are now treated with equality.

Following Frye's comments, two students took to the podium to read essays they wrote in celebration of King's legacy. Trace Tomme and Shantel Deneen Bray were winners in an essay contest sponsored by the Carson Equal Employment Opportunity Office. Tomme took home the prize in the contest's 12-14-year-old category, while Bray won in the 15-18-year-old age group.

At one point during the event, Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major, jokingly asked the crowd, "Now, everybody ready for some chitlins?"

While there weren't any chitlins on hand, event organizers did make sure the menu for the day included a wide selection of traditional cuisine, including collard greens, corn bread and black-eyed peas, said Sgt. 1st Class Gloria Taylor, 7th Infantry Division equal opportunity officer.

Events such as Black History Month are important because they draw attention to achievements by black Americans that may have been left out of mainstream history books, Frye said.

As a young Marine, Frye never dreamt he would one day become a sergeant major. With no one to educate him on the achievements of blacks, he just assumed it wasn't possible. By doing his own research, Frye learned about other successful blacks and began to realize he could achieve his goals, he said.

The awareness generated by black history events is helpful not only in motivating young blacks to achieve their own aspirations, but also aids in eliminating negative perceptions people may have about blacks in general, Taylor said.

"The more we have these types of events and the more we understand one another, the more we will respect one another," she said.



Marine Sgt. Major D. Scott Frye addresses the crowd at Elkhorn Conference Center during the Black History Month and Dr. Martin Luther King Jr. Day celebration Jan. 27. Frye spoke of the importance of educating today's kids about the achievements of black Americans.

From left: Vincent Wilson, Jon Smith and George Payton Jr. and Capt. Daniel Rempfer talk about 19th century firearms at the Black History Month and Dr. Martin Luther King Jr. celebration at Elkhorn Conference Center Jan. 27. Wilson, Smith and Payton are members of 10th U.S. Cavalry Buffalo Soldiers, Inc., a group that educates people about the role black Soldiers played in the U.S. Cavalry after the Civil War.



## MLK Contest

Martin Luther King Jr. essay  
Trace Tomme  
Jan. 9, 2005

Martin Luther King was a great person. An activist, preaching peace and non-violent protest, he led the way for civil rights. His most famous act was his "I Have a Dream" speech. He dreamed about a nation undivided by segregation and race, a nation where blacks and whites could live together as equals. I am trying to keep this dream alive by treating everybody like they were the same color. I hope everybody else does too.

"I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood." With these words MLK inspired the nation to support civil rights. In MLK's time, blacks and whites were not allowed to go into restaurants together, drink at the same water fountains, go to the same schools, or do anything together. Civil rights are a good thing because black people have ideas that help white people and white people have ideas that help black people. We are all in this life together and it's better to work with each other than against each other.

MLK believed "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." His vision for the future was that people could live together without thinking about each other's skin color, eye color, or any distinguishing feature by their actions, instead of what it is or at least partially is, of people judging people by their physical features.

Keeping his dream alive is an important part of future society. Without unity we are nothing. Look at ants for example. One ant can't change the world, but 5,000 ants, working together for the greater good, can build a nest. One bee can sting, but 1,000 bees can build a nest, defend themselves, support themselves, and have honey left over to share with the world. It's easy to be hurtful, so we need to educate people to not be destructive, but to work together for the common good. We need to keep this dream alive by realizing that we are all the same, deep inside, and need to be treated that way. A nation undivided, where blacks and whites live as equals, is what MLK wanted. That is what he dreamed of. So let's fulfill this dream, and delete "Race" out of the dictionary.

Martin Luther King

Martin Luther King Jr. Essay Contest  
"What was the Dream and How do we Keep it Alive?"

Martin Luther King Jr. was a very inspiring person. He was a great civil rights leader and a perfect role model. He sought for peace between everyone and he wanted all men and women to have undeniable rights to life, liberty and justice. Dr. King had a vision that we try to keep alive even today. Dr. King's dream was that every individual in the world would be treated equally and judged by their character instead of their shade of skin.

We keep his dream alive by helping and respecting others. Everyone is different and should be valued no matter how they look. Diversity is what makes the world a better place, if everyone was the same this planet would be very boring. This message has been taught to children on many occasions, especially in schools. In some schools there are signs or mottos that persuade kids to value their own background and also understand the culture of others. We are taught that no matter how a person looks they are still appreciated for who they are. Also, we encourage people to reach their full potential and fulfill their dreams. We try to respect others opinions and feelings. We want them to be who they are and know that they have a voice. We lend a hand to people who are in trouble or need support. We care about the health and security of others.

Heroes like doctors, firefighters, and the military care about their country and the people who live in it. They do a very good job of assisting people in need and keeping out of harm's way. They don't differentiate between people; they keep everyone safe because it is their duty.

Martin Luther King Jr.'s Dream was that every race would get along and value each other as equals. Although we have yet to fully complete Dr. King's dream, I believe that one day his vision will become a reality. I believe that Martin Luther King is happy at our efforts and progression towards peace and harmony between all men.

By: Shantel Deneen Bray  
Age: 15  
Military family member

12-14 age group  
1st place  
Trace Tomme  
2nd place  
Megan Elisa Grebner

15-18 age group  
1st place  
Shantel Deneen Bray  
2nd place  
Cameron McCoy

## Boxers

From Page 22

### *Three women unopposed*

Just three women made it to this year's All-Army trial camp and championships. 2nd Lt. Khara Keegan, 119, of Fort Huachuca, Ariz., Spc. Lupita Cook, 154, of Fort Polk, La., and Sgt. Princess Finn, 165, of Camp Humphries, Korea. Keegan and Finn will advance to the Armed Forces Championships.

"Unfortunately we only have so many females; just three of us, and we are all in three different weight classes and there's a large enough range between our weights that we can't even have a match bout," Keegan said. "Hopefully in the future we can get more women involved in boxing and aware of the sport," she added.

### *Preliminary bout wows audience*

During the preliminary bouts, Staff Sgt. Eric Raymon and Spc. Nathaniel Hicks, both from Fort Huachuca, provided a crowd-pleasing bout that had spectators oohing and aahing for four rounds of evenly matched boxing. At the conclusion of the bout, everyone was on their feet anticipating the judges decision. The boxers received a standing ovation and crowd-favorite Hicks won the preliminary bout.

Hicks went on to face World-Class Athlete Program boxer, Spc. Quentin McCoy, Fort Carson, for the middleweight championship.

McCoy punished Hicks blow after blow until the sound of the bell in round four. McCoy out-pointed Hicks 34-13.

"I am mentally stronger this year than I was last

year," McCoy said. "I think that's my biggest step forward so far."

### *Almaraz, Shepherd win*

Sgt. Esteban Almaraz and Staff Sgt. Marshall Christmas contended for the 141 weight class championship. Christmas returned to compete this year after taking a year off to be an All-Army boxing coach. The bout was evenly matched and Almaraz stole the bout during the last 10 seconds by scoring two blows and was awarded the 2006 All-Army light welterweight gold medal.

Super heavyweight Sgt. Andrew Shepherd of Fort Eustis, Va., advanced to the Armed Forces Championship unopposed. Shepherd was scheduled to box Sgt. David Griffin of Fort Hood, Texas, and the only other super heavyweight in camp. Griffin injured his shoulder during training and was unable to compete.

### *Boxers contend for WCAP billet*

Several boxers contended for a spot on the World Class Athlete Program boxing team.

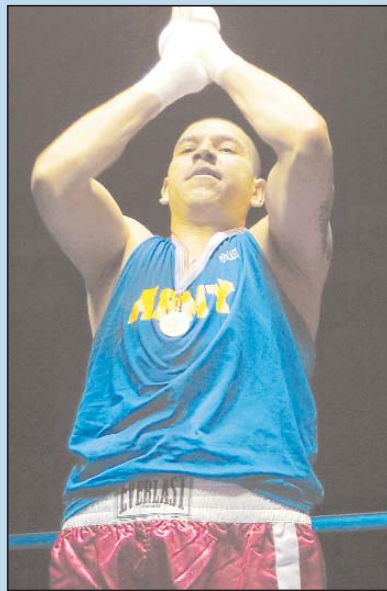
All-Army Head Coach Basheer Abdullah is currently looking at four candidates for the WCAP Program. Sgt. Andrew Shepherd, 201+, Spc. Charles Rios, 132, Sgt. Esteban Almaraz, 141, and Sgt. Jose Jimenez, 125.

"We have some of the best amateur boxers in the country in the WCAP Program," Abdullah said.

Abdullah went on to say he's honored and fortunate to be the head coach of the All-Army Boxing Team and is looking forward to defend the Armed Forces title at the championships.

"We prepare ourselves to box against the best and we try very hard to complete at our best," Abdullah said.

Eleven Army boxers will compete at the 2006 Armed Forces Championship May 11-18 at Camp Hueneme, Calif.



*Sgt. Joe Guzman of Fort Carson raises his hands in victory after defeating Spc. Jeffrey Spencer, Fort Hood, Texas, to win the All-Army Boxing Gold Medal.*



# Community Policing



## Department of the Army Police



**Name:** Officer Christopher Petschek  
**Experience:** Officer Christopher Petschek has more than five years active-duty military police experience. He is Colorado Post Certified and has completed the Department of the Army Police Academy. Petschek currently serves the Mountain Post community with the DA civilian police since April 2004.  
**Quote:** "Pay attention, your life may depend upon it."

## Military Police



**Name:** Sgt. Richard Copple  
**Experience:** Sgt. Richard Copple arrived to Fort Carson Feb. 15, 2005, and currently serves as a team leader and patrolman with the 984th Military Police Company. Copple has been training for future deployments and currently serves the Fort Carson community with law enforcement duties.  
**Quote:** "If you need glasses to drive, wear them."

## Alutiiq-Wackenhut Security Services



**Name:** Officer Michael Byrd  
**Experience:** Officer Michael Byrd retired from the Army after serving 21 years. He served in Operation Enduring Freedom and Operation Iraqi Freedom as a combat engineer. He has been employed with Alutiiq-Wackenhut Security Services for two months.  
**Quote:** "Vanguard."



# Pueblo's Children's Museum

first class,  
worth the  
drive

Story and photos by Nel Lampe  
Mountaineer staff

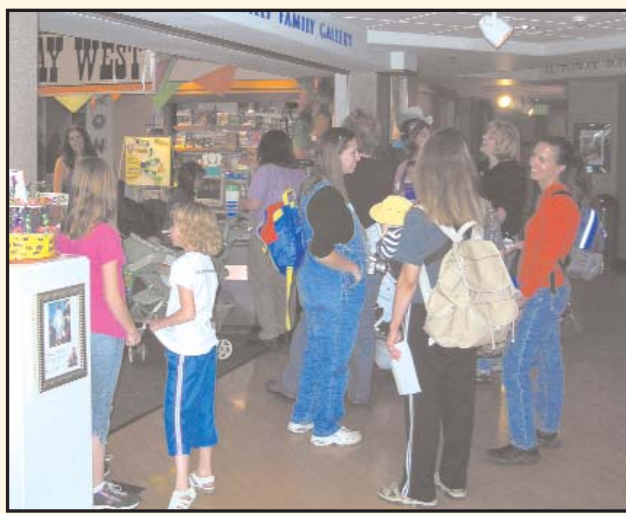
**B**uell Children's Museum in Pueblo is easily the best children's museum in Colorado and is ranked high on the national "best museum" list. It's a colorful place to visit and children are reluctant to leave.

Located in a complex that includes the Sangre de Cristo Arts Center in downtown Pueblo, the museum opened about five years ago, after a year of construction. The 12,000 square-foot building cost about \$3 million. The museum is named for Temple Hoyne Buell of Denver, whose foundation gave \$1 million to the project.

At first glance, it's obvious that the building is for children. A 3-D brick sculpture in pastel colors marks the entrance. A large terrace in pink and gray has a sculpture garden with giant globes, fountains and rocks. Statues of scampering children lead the way to the entrance. A statue of a carousel horse promises a sense of playfulness.

The museum has state-of-the-art technology, including hands-on and interactive exhibits.

Visitors are greeted at the entrance desk where they pay admission and learn about ongoing activities and exhibits.



A crowd collects at the entrance to Buell Children's Museum in Pueblo.

Exhibits focus on science, art and history, and are most appropriate for children ages 3-13.

Parents and grandparents will enjoy watching children participate or perhaps get into the act by assisting young ones at the computer or helping with art and craft creations.

Exhibits are usually related to the displays in the Art Center Galleries, which currently focus on "The Machine Age." The exhibits are somewhat related to the industrial history of Pueblo and the Colorado Fuel and Iron Company.

The new spring exhibit in the Buell Children's Museum is called "Eureka! Dreams, Design, Dimension and Invention," and will be in the museum through May 27.

Children will learn about famous inventors and may create their own invention. They will be able to test force, motion and friction and learn what makes some toys move. They will discover how gravity works, make mobiles, create an "insect," learn about astronomy, design a shoe or wear a cool hat. Cinderella's pumpkin coach will be in the museum and children can dress as a "royal" and go to the ball.

Visitors will also have an opportunity to try out dances. From 1-2 p.m. each Saturday,



Art projects are always popular with youngsters. Amanda McNutt and Sabrina Seabaugh make bandannas during the Fall "Representing the West" exhibit in Buell Children's Museum.

several dances will be demonstrated, such as jazz, tap, ballet, social dance and creative movement.

During Pueblo school districts' spring break, The Incredible Mr. E — a magician — will perform in the theater March 21-25.

After catching the magic show or a film in the Magic Carpet Theater, visitors can start at any exhibit.

Take the elevator or stairs to the "Artrageous" studio where an attendant instructs children on a possible art project and they choose materials from a stash of paper scraps, cardboard, paper plates, string, ribbon and magic markers, using their own imagination, scissors, glue and tape.

The museum also has interactive computers.

A special place for younger children



The "Artrageous" exhibit has a plentiful supply of colored markers, scissors and scraps of paper for creative artists.

Happening's



Places to see in the  
Pikes Peak area.

Feb. 3, 2006





## Just the Facts

- **Travel time:** about an hour
- **For ages:** families
- **Type:** children's museum
- **Fun factor:** P P P P  
(Out of 5 stars)
- **Wallet damage:** \$  
\$ = Less than \$20  
\$\$ = \$21 to \$40  
\$\$\$ = \$41 to \$60  
\$\$\$\$ = \$61 to \$80  
(Based on a family of four)

## Buell

From Page 35

— those under age 4 — is the Buell Baby Barn. Located in the front of the building on the second floor, opposite the Artrageous exhibit, the area has its own “tree” and farmyard animals. Children play with the toys while parents help or just watch from a bench. Next to the baby barn is a nursery for parents to tend to infants — there’s even a rocking chair.

On the first floor, “Sensations” a high tech, multi-sensory exhibit, provides a mystery tour for child visitors. Light, sound and videos create special effects.

The Lizard Lounge is a quiet reading corner. Children can select a book and curl up with huge, bright-colored lizard pillows for a reading session.

Visitors should check out the inventions on display.

Make the gift shop the last stop — it’s behind the entrance desk. Reasonably priced souvenirs are available as well as toys, pens and T-shirts.

There’s also a gift shop in the White Galleries, featuring handmade gifts.

The Kids’ Rock Café is next to the museum, and is a good place to take a refreshment break. Caesar’s pizza is available by the slice as well as soft drinks. The café is open from 11 a.m. to 2 p.m.

“Sir Gregory,” a real suit of armor dating from the 17th century, watches over the café. The Gothic-style armor, made by hand and weighing about 40 pounds, was once in Buell’s Denver office and was donated to the museum by the Buell Foundation.

Children’s birthday parties can be arranged at Buell Children’s Museum at 11 a.m. or 1 p.m. Tuesday through Saturday by prior arrangement. For \$10 per person, up to 25 guests can get admission to the museum, a slice of pizza, a soft drink and a balloon. For an additional \$150, arrangements can be made for a magic show. Call Dan Masterson at (719) 583-6217 to make arrangements for a



*Buell Children's Museum in Pueblo is one of the top-rated children's museums in the nation.*

birthday party or the magic show.

Hours at the Buell Children’s Museum are Tuesday through Saturday, from 11 a.m. to 4 p.m. Adults are admitted for \$4; children are charged \$3. A discount coupon can be printed from the Web site, [www.sdc-arts.org](http://www.sdc-arts.org).

Children’s Playhouse shows are in the Arts Center theater and tickets are \$6 each. The “Berenstain Bears” is in the theater Feb. 18, at 11 a.m. and 2 p.m. The singing group “Riders in the Sky” is at 11 a.m. and 2 p.m. March 11 and “Pinocchio” is April 1, at 11 a.m. and 2 p.m. Call (719) 295-7122 for tickets.

As museum admission also includes the galleries in the Arts and Conference Center next door, try to save time to explore those galleries.

The Arts and Conference Center galleries observe the same hours as the museum.

The museum is at 210 N. Santa Fe Ave. in downtown Pueblo.

Take Interstate 25 south to Exit 98b and go a few blocks west to Santa Fe Avenue. There’s free parking south of the arts center and at metered parking on Santa Fe Avenue.



*Children learn gold-panning techniques while sifting through sand at the Buell Children's Museum.*



*Visitors take a lunch break in the Kids' Rock Cafe in Buell Children's Museum.*



*Western clothes were available for dress up during the Western Exhibit at Buell Children's Museum.*

## Get Out!

### Pikes Peak Center

Colorado Springs Philharmonic presents "Tchaikovsky and Bronfman" at 8 p.m. Feb. 25 and Feb. 26 at 2:30 p.m.

"The Oak Ridge Boys" appear Feb. 18 at 8 p.m.

"Vienna Boys Choir" will be in the center March 2 at 8 p.m.

"Amber Brown is Not a Crayon" is an Imagination Celebration production Feb. 17 at 7 p.m.

"Glenn Miller" is in the Pikes Center March 24 at 7:30 p.m.

"Oklahoma," part of the Broadway series, is in the Pikes Peak Center March 29 and 30 at 8 p.m.

Colorado Springs Philharmonic presents "Pick of the Pops - Five by Design" March 4 at 8 p.m.

"Mozart meets Rachmaninoff" is presented by the Colorado Springs Philharmonic March 11 at 8 p.m. and March 12 at 2:30 p.m.

Call the box office at 520-SHOW or go online at [www.ticketwest.com](http://www.ticketwest.com). The Pikes Peak Center is at 190 S. Cascade Ave. in downtown Colorado Springs.

### Denver theaters

"Swan Lake" is in the Buell Theatre in downtown Denver Feb. 15-19. Tickets are at TicketsWest or call (800) 641-1222.

"Beauty and the Beast" is in the Country Dinner Playhouse Wednesdays through

Sundays at 6875 Clinton St., at the Arapahoe exit off Interstate 25. Tickets begin at \$38 for a meal and the show, which runs through March 15.

"Dr. Dolittle" at the Buell Theatre in Denver, runs through Feb. 12 and stars Tommy Tune. Tickets are at TicketsWest or (800) 641-1222 or [denvercenter.org](http://denvercenter.org).

### World Arena upcoming shows

Gretchen Wilson's Redneck Revolution Tour is in the World Arena Feb. 10 at 7 p.m.

### Musical

"La Cage Aux Folles" is in the Fine Arts Center Theater Feb. 10 through March 5, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Call the box office at 634-5583 for tickets.

### Air Force Academy theater

"Spirit of Broadway's Star Spangled Celebration" is in the Air Force Academy's Arnold Hall Theater March 5; tickets are available at the box office, 333-4497 or Ticketmaster, 520-9090.

### Sinbad, live in concert

The comedian Sinbad brings his stand-up comedy to Denver's Paramount Theater on the 16th Street Mall Feb. 24 at 8 p.m. in a benefit for Public Broadcasting System's Channel 12. Tickets start at \$40; call 520-9090 or go to [www.ticketmaster.com](http://www.ticketmaster.com).

### Discount for Cub Scouts

The Rocky Mountain Dinosaur Resource Center in Woodland Park has Boy Scout

Day Feb. 11-12. Scouts in uniform get in for \$4. The center is open 9 a.m.-6 p.m. Saturday and 10 a.m.-5 p.m. Sunday. Regular admission is \$6.50 for those under 12 and \$9.50 for adults. Military with identification get \$1 off admission.

### Black Film Festival, exhibit

A Black Film Festival will be in the Pro Rodeo Hall of Fame theater, 101 Pro Rodeo Dr., from 10 a.m. to 5 p.m. Saturday, presented by the African-American Historical Genealogical Society of Colorado Springs. Admission to the Hall of Fame and the film festival is \$6 for adults, \$3 for children ages 6-12 and \$4 for military with identification.

A "Soul of the West," exhibit about the Buffalo Soldier, opens Tuesday at the Pro Rodeo Hall of Fame with a reception, free and open to the public, from 5:30 to 7 p.m.

### Black History Month

Tuskegee Airman Buck Newsum will show a film about his experiences during World War II, followed by a question and answer session with Newsum and three other Tuskegee Airmen, Feb. 17 at 10 a.m. in the Pueblo Weisbrod Aircraft Museum at Pueblo Memorial Airport. Admission to the museum is \$6 for adults, free for children under 12.

### Football goes on

Need more football? Colorado Crush, 2005 season champions, home games are in the Pepsi Center Feb. 12, March 5, 25, April 1, 21, 28 and May 12. Call (720) 258-3400 or go online at [www.coloradocrush.com](http://www.coloradocrush.com) for tickets, which are \$7-\$58.



Photo by Nel Lampe

## Cavalry Museum to close

*Now is the last chance to visit the 3rd Cavalry Museum on post. The museum opened at Fort Carson June 20, 1996, and has hosted 115,000 visitors. The museum will close Tuesday so museum artifacts can be packed for the upcoming move of the 3rd Armored Cavalry Regiment to Fort Hood, Texas. The museum will be open 10 a.m to 4:30 p.m. today and Monday.*



Program Schedule for Fort Carson cable Channel 10, today to Feb. 10. Army Newswatch: stories on Global War on Terrorism mission in the Philippines, the Army Corps of Engineers working on the New Orleans levees and an Army World Class Biathlete competes at the U.S. Olympic trials. Airts at 7:30 a.m., and 12:30 p.m.

The Mountain Post Community Town Hall Meeting, held monthly, airts at 9 a.m. and 5:30 p.m.

Channel 9 now airts the Pentagon Channel, programming from the Department

of Defense.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact chief of command information at 526-1241 or via e-mail at [CommandInfo@carson.army.mil](mailto:CommandInfo@carson.army.mil).

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication. For additions to the Community Calendar, please submit an e-mail to the above address.

Send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the day before desired



# SPORTS & LEISURE

## Youth swimmers making waves

Story, photos by Walt Johnson  
Mountaineer staff

The post youth swim team is beginning to show the type of form and competitiveness that it had before it disbanded two years ago.

Many of the swimmers are now starting to make waves in the Colorado swimming arena and will be major players in state, regional and possibly national competition this year, according to recent results at area swim meets.

Swimmers are currently trying to progress up the ladder by earning spots in the various categories leading to a national swim berth.

The first step in the process is earning a berth and progressing in the Silver State events. That leads to a chance to compete at the state level where the competition gets a little stiffer.

If the swimmers measure up at the state level they could qualify for berths in the sectional/regional. After qualifying for the sectionals, the next step is the junior nationals followed by the senior nationals/U.S. Open and then the Olympic trials.

One of the most impressive showings this year has been by post swimmer

Christopher Nash.

The 16-year-old swimmer has already qualified for a sectional event in the men's 200-meter backstroke and has gotten two personal best times in other competitions this year. Other swimmers have also shown they could be on the road to state or better qualifications.

Syerra Bagshaw, a 10-year-old swimmer, has qualified for state competition and has recorded six personal best times in other events.

Brianna Bagshaw, an 11-year-old swimmer, has recorded five personal best times while Elise Oliphant, a 14-year-old swimmer has recorded three personal best times this year.

The post swim team will be in action again Saturday when it competes in the Cheyenne Mountain Aquatics Pentathlon at Cheyenne Mountain High School in Colorado Springs.

The team will follow that up by competing in the Loveland Sweetheart Meet Feb. 17-19 at Mountainview High School in Loveland.



Jo Jo Nemec, right, helps teammate Lisa Raye Cashion get loose before she begins her practice laps.



Anne Bagshaw, left, post swim team coach, goes over the day's practice schedule with Jo Jo Nemec and Lisa Raye Cashion.



Jo Jo Nemec practices her butterfly stroke while preparing for upcoming swim meets at the post indoor swimming pool.

## *On the Bench:*

# College hoops coming to Mountain Post Feb. 11

**by Walt Johnson**

*Mountaineer staff*

**If you are looking for some of the best college basketball action in the area you won't have to go far Feb. 11.**

College basketball action will be held at the Special Events Center beginning at 6 p.m. when the University of Colorado at Colorado Springs team will meet Colorado State University at Pueblo in women's action. That game will be followed by a contest between the men's teams about a half hour after the completion of the first game.

The games will be held free of charge. The Mountain Post's Directorate of Morale, Welfare and Recreation Division is setting up the event.

**The second annual Kit Carson International Greco-Roman Cup wrestling meet took place Saturday at the Special Events Center.**

What the event showed World Class Athlete Program and all-Army

wrestling coach Shon Lewis that his team has some work to do to get ready for upcoming events in some areas and they are ready to compete in others.

The WCAP wrestlers matched skills with members of national teams from Japan, Bulgaria, Uzbekistan and the Czech Republic. While the results were better Friday than Saturday, the matches against the international competition were exactly what Lewis said his team needed as it prepares for the Dave Schultz Memorial Tournament Friday and Saturday at the U.S. Olympic Training Center in Colorado Springs.

The most impressive match of the meet was the last match that pitted the WCAP's Dremiel Byers against the heavyweight from Bulgaria.

Byer won the first round of the match and was on his way to a win in the second round when the Bulgarian reversed a move by Byers to earn a point and win the round.

That didn't sit well with Byers who



Photo by Walt Johnson

## **Byers dominates**

*World Class Athlete Program wrestler Dremiel Byers, bottom, turns his opponent over en route to a dominating performance during Saturday's Kit Carson International Greco-Roman Cup wrestling meet at the Special Events Center.*



# Carson picks Super Bowl winner

## Seattle Seahawks

## Pittsburgh Steelers



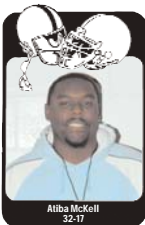
Corey Bernard  
27-13



Clayton Fruge  
21-17



Pete Johnson  
31-17



Aiba McKell  
32-17



Katrina Grant  
24-10



Justin Gubler  
36-24



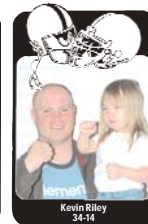
Leon Tiamfook  
34-14



Davetta Oliver  
27-3



Eric Posey  
24-10



Kevin Riley  
34-14



Perry Becks  
27-20



Raymond Cortez  
21-17



Paul Coulter  
28-14



Elaine Tiamfook  
28-14



Lynet Sillis  
27-14



Liu Turner  
28-21



Terry Walters  
34-14



Anthony Watson  
24-14



Jim Wolak  
23-13



Sol Young  
24-10

## ***Mountaineer Sports Feature***

### **Xtremes happenings**

*Fort Carson Fire Department's Tim Baker gets set to take on a competitor during the arm wrestling event held Saturday at Xtremes Sports and Entertainment Lounge on post. The event brought in arm wrestlers from Oklahoma, Kansas and Wyoming in addition to teams from Colorado Springs.*

*Xtremes will be hosting a Super Bowl Party Sunday from noon-2 a.m. with no cover charge, games and prizes. For more information on the party call 576-7540.*

*Xtremes will also be hosting a Better Opportunities for Single Soldiers pool tournament Feb. 15 at 7 p.m. The cost for the tournament is \$5 and the prize for the winner is 90 percent of the entry fees collected. The tournament will be played in a double elimination format. For more information on the pool tournament call 526-4494.*



Photo by Walt Johnson



Photo by Walt Johnson

## Let's cheer

*The 5-6 year-old cheerleading group prepares to perform during halftime of a game Saturday at the post youth center.*

## Bench

From Page 36

was visibly upset with himself for allowing the Bulgarian to score the point and take the round.

Byers exploded in the third round and in about 45 seconds scored seven points to put away his competition.

Lewis said he was pleased with his team's performance and with the results of the tournament. He also said he feels there is some work to be done prior to his wrestlers competing in the Schultz tournament and the all-Army and interservice competition.

"This was the second year for this event and it's definitely an improvement from last year. The competition was good and everyone wrestled hard. I like this because it's friendship through sports and it's good to get some international teams to come to our country to compete," Lewis said.

"This is big for us because it doesn't matter what level it is ... anytime you can get on the mat and wrestle, and especially against international competition, is good and should give us a jump start to our all-Army camp. I was happy with the way our guys went out and competed and left it all on the mat. They didn't hesitate and they weren't cautious on the mat. They went out and executed the good thing is we know what we need to work on," Lewis said.

**Here are the intramural basket-**

**ball standings as of Jan. 26:**

**Garcia League:** 7th Infantry Division, 7-0; United States Army Garrison, 6-1; Company D, Brigade Support Battalion, 5-2; 10th Special Forces Group, 4-3; Company A, 2nd Battalion, 17th Infantry, 3-4; Headquarters, Headquarters Battery, 2-17th Infantry 1-6; Headquarters, Brigade Special Troops Battalion 0-6.

**Waller League:** 2nd Brigade Support Battalion, 5-2; Medical Activity Department, 5-2; 502nd Personnel Services Battalion, 4-3; 60th Ordnance, 4-3; Company F, Brigade Support Battalion, 2-5; 759th Military Police Battalion, 2-5; Judge Advocate General 0-6.

**The Fountain-Fort Carson High School Cheerleaders will host a Winter Cheer Clinic Feb. 11,** at the high school in the main gym. from 9 a.m. to 2 p.m. Registration begins at 8:45 a.m.

The cost for the event is: \$15 and \$10 for each additional child. For children in kindergarten to eighth grade. The registration fee will include a T-shirt. Clinic organizers suggest bringing a light lunch. Clinic participants will perform at the game on Feb. 11, between Widefield and Fountain-Fort Carson at 5:30 p.m. for some and 7 p.m. for others. Contact cheer coach Gail Grant for more information at